

خانم نغری پشتیبان میفارو

Day 1

Listen to the following podcast episode, then do the exercises that follow.

[comforts.mp3](#)

comforts_ [worksheet.pdf](#)

Day 2

Watch this ted Talk with subtitles and summarize the main points of the Talk in writing and send me.

https://www.ted.com/talks/anne_f_broadbridge_a_day_in_the_life_of_a_mongolian_queen

Day 3

Listen to this news broadcast and answer the questions.

<https://en.islcollective.com/english-esl-video-lessons/vocabulary-practice/general-vocabulary-practice/newspaper-english/what-is-news-explained-bbc/151001>

Day 4

Pronunciation exercises

<https://www.esl-lounge.com/student/pronunciation/pr17-word-stress-exercise.php>

Day 5

British council

<https://learnenglish.britishcouncil.org/skills/listening/b1-listening/phone-call-customer>

Day 6

Listen to this podcast and write down 15 new words that you learn.

<https://esl.culips.com/2025/01/catch-word-282-makes-my-skin-crawl/>

A day in the life of a Mongolian queen

Watch this ted Talk with subtitles and summarize the main points of the Talk in writing and send me.

Day2:

This clip was about a moveable city and ten thousand of yurts in the Genghis Khan era. Genghis Khan was king of the Mongolian nation, that was famous for its march to Iran. The movie is narrated by a shepherd who enters Queen Brochain's yurt. Shepherd beat her ear and made her awake, the servants couldn't resist entering Shepherd. Although she was a formidable Khaton of the gold horde, the huge kingdom in the Mongolian empire. She was married to Batukhan(fearsome grandson of Genghis Khan himself). They migrate between two seasons in a year. On the journey, it is difficult to manage shepherds and cows to move them to their destination!

While they are moving a shepherd is pregnant and the Queen helps it give birth. Their journey took weeks to destination, Overall living in a movable city is very difficult for today's humans we are very lucky that we live in a modern city!

Day 6:

I learned two idioms, "makes my skin crawl" and "can't stomach thing".

Examples:

Shouting and loud voices make my skin crawl. I hate people who talk loudly!

I can't stomach politics when I face too many white lies in it.

Gory

To scurry

Creep out

Teacher

*Genghis Khan was the leader of the Mongolian nation, famous for its march into Iran.

The shepherd tapped her ear to wake her, since the servants couldn't bring themselves to enter.

They migrated twice a year, with the changing seasons. The journey was challenging because it was difficult to manage the shepherds and livestock and keep them moving towards their destination.

While they are moving, a shepherd woman goes into labor, and the Queen helps her give birth. Their journey took weeks to reach their destination. Overall, living in a movable city would be very difficult for modern humans; we are very lucky to live in modern cities!

https://www.ted.com/talks/victor_riparbelli_will_ai_make_us_the_last_generation_to_read_and_write

<https://www.cambridgeenglish.org/learning-english/activities-for-learners/b1l003-listening-for-detail>

https://www.examenglish.com/PET/pet_listening_test2_part1.htm

https://www.examenglish.com/PET/pet_listening_part4.htm

https://www.examenglish.com/PET/pet_listening_part1.htm